

# PLYMPTON HALIFAX CALISTHENIC CLUB

## NEWSLETTER OCTOBER 2015



We were saddened by the passing of life member and long serving committee member **Brenny Downs**.

Brenny was a tireless worker for the Club spanning over decades. Her four daughters attended Halifax, her daughter Kelly was a coach at Plympton and her grand-daughters attended Plympton Halifax. Even with no members of her immediate family involved in the Club Brenny was still willing to help out. She loved travelling on trips with the teams and she was the queen of organising the raffle for our concerts amongst many other jobs.

Our sincere condolences are extended to Barry, Kelly, Joanne, Sharon, Tracey and Jamie. She will be sadly missed.

### Welcome back to Term 4.

We hope you all enjoyed the break and are looking forward to a fun Term 4. With no upcoming Concerts or Competitions the Coaches enjoy this time to focus on skills. It is the perfect time for you to "bring a friend" and "come n try". The lesson times are:

Tinkerbells (3-5yrs)	Saturdays 9-10am	coached by Amelia DeLaine
Sparkles (3-5yrs)	Wednesday 4-5pm	coached by Caitlin Carroll
Tinies Navy (7,8yrs)	Saturday 10-11.30am	coached by Meg Allison
Tinies White/Sub-Juniors	Wednesday 5-6.30pm	coached by Josie Kerr
Sub-Juniors (8-10yrs)	Monday 4.30-6.30pm	coached by Hayley Edwards, Shandell Wishart and Caitlin Carroll
Juniors (11-13 yrs)	Tuesday 4.30-7pm	coached by Lisa Beecken
Intermediates (14-16yrs)	Tuesday 7-8.30pm	coached by Hayley Edwards
Seniors (17yrs plus)	Monday 6.30-8.30pm	coached by Hayley Edwards

We welcome to our coaching team Amelia Delaine and Meg Allison. Caitlin Carroll will join the Sub-Junior coaching team and Hayley Edwards will lead our Seniors into the Championship Division. We take this opportunity to thank Courtney Marshall who has coached the Senior team for the past five years. Courtney has coached this team with commitment, professionalism and enthusiasm and we sincerely thank her for her dedication. Whilst she will not be coaching a team in 2016 we will still look forward to seeing her face around the Club.

### BALLARAT NEWS

Our Junior team has had a very busy year preparing and travelling to compete in Ballarat. Their competitions were on the 9th October. Congratulations to the girls on their outstanding results : March -1st, Clubs-2nd, Rods-1st, Aesthetic-2nd, Character Folk-2nd, Calisthenic Revue-HM and the Division 4 Reserve Aggregate.

We would like to thank Paul Bahr from Jim's finance for his support of the team. Paul Specialises in assisting ABN holders and small businesses to finance vehicles and equipment to help you succeed. For more information contact Paul on [jimfinancialservices.com.au](http://jimfinancialservices.com.au) or 131 546.

It was a trip full of laughter, friendships and memories. Thank you to everyone who contributed in the success of the trip.

In 2016 we are looking forward to all our Sub-Junior teams travelling to compete in Ballarat. Please ask our Sub-Junior Coaches for more information or one of the mothers who went this year. It is a great experience.



## ANNUAL CONCERT

It seems like such a long time ago!!!!!! But a big thanks to everyone who helped make our Concert such a success. Without the enormous amount of volunteers to run such an event it would not be possible, so, where-ever you helped, be it front of house, canteen, bbq, dressing room, side stage, transporting props, etc,etc —a job well done! All teams performed beautifully and thank you to our Coaches in preparing the girls.

## PROMOTIONS

*We have been out and about promoting our Club.....thanks to Amelia and Julie who have run two storytimes at the West Torrens library and the girls who helped Miss Lisa at the Come n Try at the West Torrens library in the school holidays: Caitlin, Amelia, Charlotte, Tiana, Eliana, Illandra and Teresa.*

*We recently had a stand at Westfield Marion Shopping Centre and thank you to Kym, Tracy, Niki, Hayley, Caitlin, Aime, Siena, Susan, Monique, Teresa, Tiana, Pamela, Zoe, Lucie and Grace for helping.*

## SOLOS AND DUOS

It is Solo and Duo season. Competitions are underway and good luck to all girls and their coaches. A record number of entries for Plympton Halifax.

Solos:	Tinies:	Allegra, Grace, Jessica, Lottie, Natasha, Rosie, Tallyn, Zoe
	Sub-Juniors:	Bree, Isabella, Gemma, Jade, Lily, Monique, Vanna
	Juniors:	Eliana, Illandra, Tiana
	Intermediates:	Erin, Jaeli, Pip
	Seniors:	Caitlin, Charlotte
Duos:	Tinies:	Izabella and Jessica, Caitlin and Kira, Tallyn and Zoe
	Sub-Juniors:	Monique and Niki
	Juniors:	Eliana and friend, Illandra and friend
	Seniors:	Billie and Erin, Caitlin and friend, Jaeli and friend

We are looking for some volunteers to help at the competitions on Saturday 21 November from 12noon to 4.30pm. We need 2 people in the canteen, 2 for the door and one person for the dressing room. Please let Lisa know if you can help [ldbeecken@yahoo.com.au](mailto:ldbeecken@yahoo.com.au)

## PUPIL SKILLS

*Good luck to Isabella, Jade and Monique for their Test Three exam and Bree for Test One. Our Sub-Juniors are all currently learning either Test One, Two or Three in preparation for class examinations at the end of the term.*

*The next exams are in February and the closing date for entries is 23 November 2015. The exams are 30 January to 14 february 2016. Please remember that Pupil Skills are pre-requisites for CASA Solo, Duos and Graceful Girl Competitions. Please speak with Lisa for more information.*

## GLENELG CHRISTMAS PAGEANT

This is a fun and promotional event for our Club and calisthenics. It is on **Sunday 22 November** commencing at 10.30am. Girls are to arrive by 10am. The pageant is the length of Jetty Road and Tinies and SubJuniors walk and Juniors/Inters and Seniors generally dance. There are no extra lessons involved to practise for this. Girls will be advised what costume to wear and more details will be distributed once we have been advised where our start point will be. We would like everyone to participate in this fun event so please let your team manager know if you are available.

## **BUNNINGS BBQ**

**It's nearly time for our major fundraising event of the year!**

**so.....we are seeking your assistance on**

**Sunday 29 November**

**The timeslots are :- 10am-12noon, 12noon-2pm, 2-4pm(plus clean up).**

**Please advise Lisa if you are available [ldbeecken@yahoo.com.au](mailto:ldbeecken@yahoo.com.au)**

*There will be no Tinkerbells or Tinies Navy lessons on Saturday 14 November due to the Credit Union Christmas Pageant. Girls are welcome to come to the Sparkles lesson (4-5pm) or Tinies White (5-5.30pm) on Wednesday 18 November as a makeup lesson.*

## **CHRISTMAS BREAK UP**

**Sunday 06 December  
Glandore Community Centre  
25 Naldera Street, Glandore**

**12noon-1pm : BYO family picnic lunch  
1-2pm : games and a visit by Father Christmas  
2pm : Solo and Duo girls are invited to perform a Concert**

